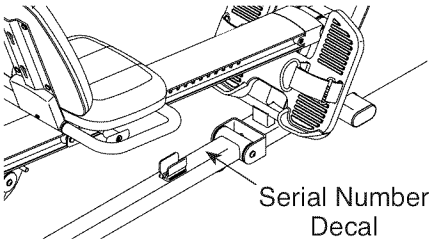
PRO-FORM®

DUALTRAINER

BIKE/ROWER

Model No. 831.21257.0
Serial No. _____

Write the serial number in the space above for reference.



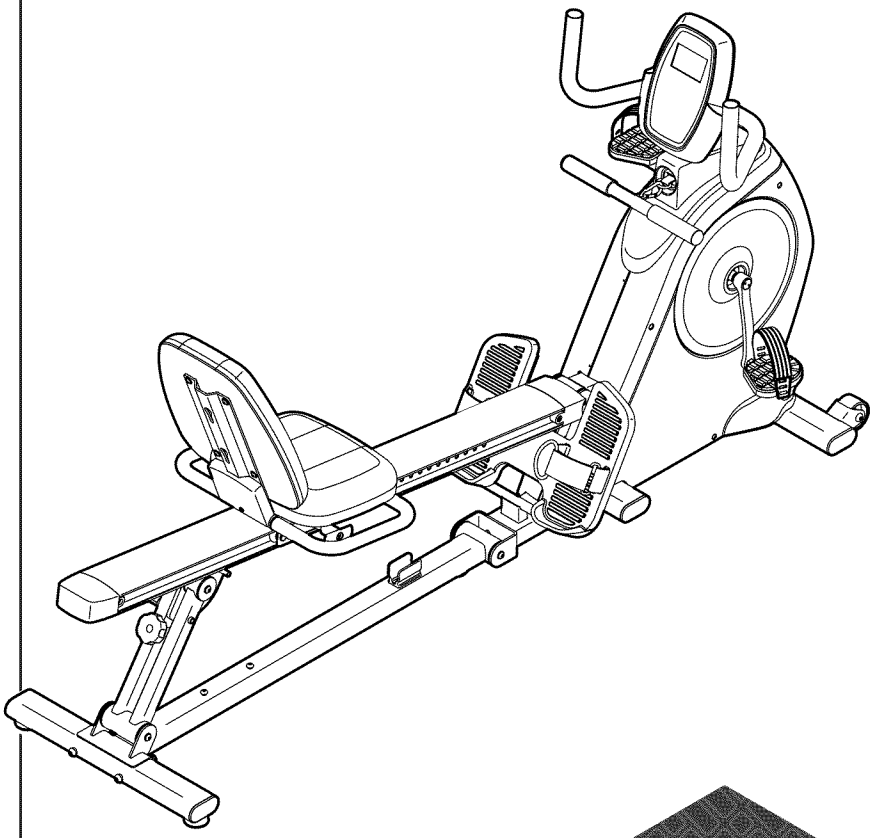
- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

DUAL TRAINER EXERCISER
User's Manual



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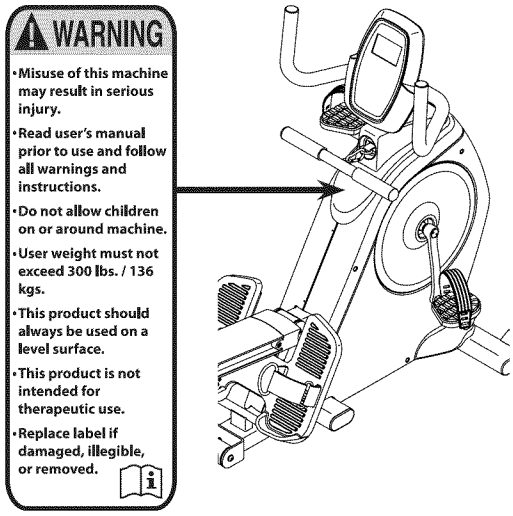
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
•Misuse of this machine may result in serious injury.
•Read user's manual prior to use and follow all warnings and instructions.
•Do not allow children on or around machine.
•User weight must not exceed 300 lbs. / 136 kgs.
•This product should always be used on a level surface.
•This product is not intended for therapeutic use.
•Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your dual trainer before using your dual trainer. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

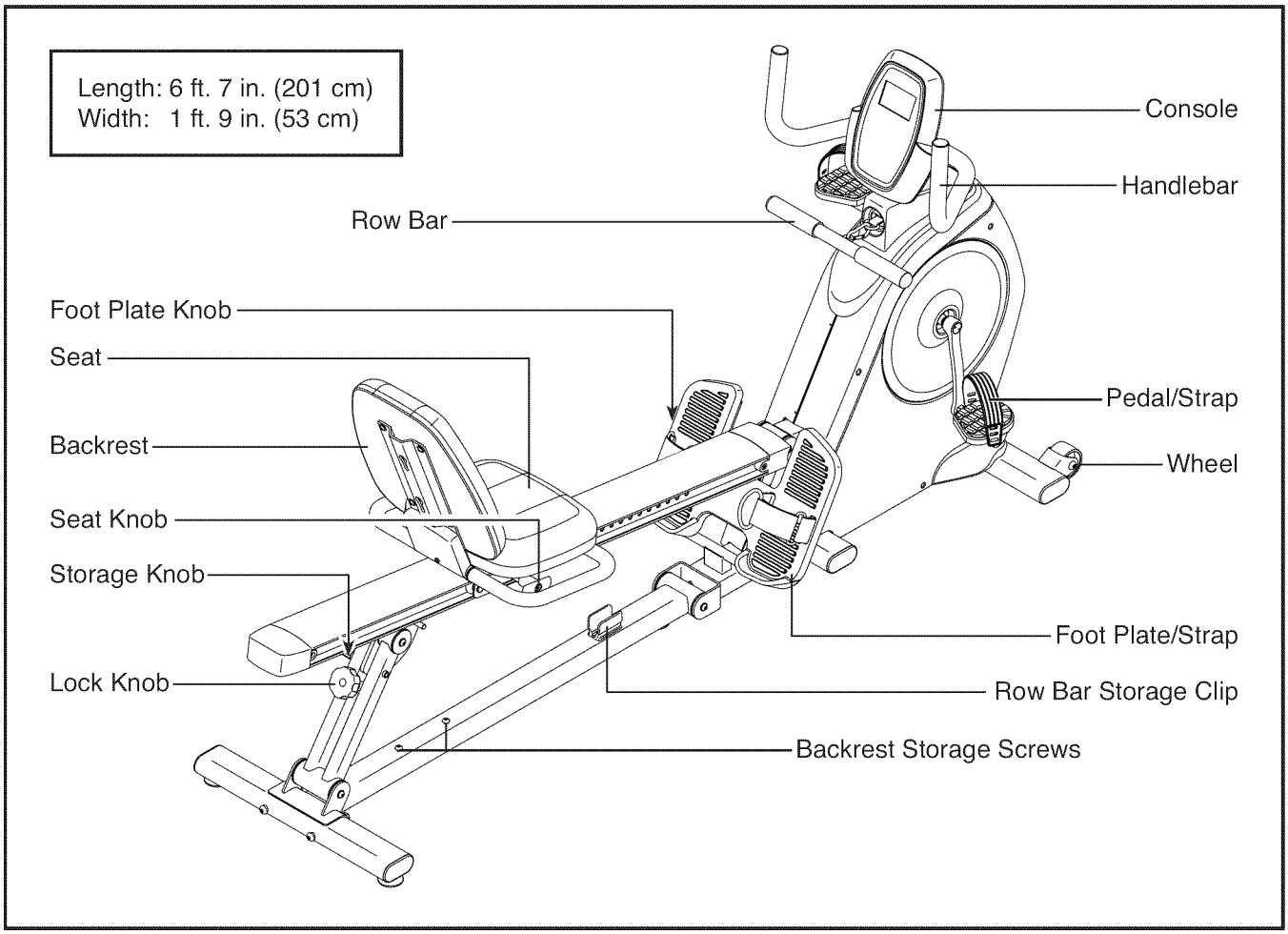
1. It is the responsibility of the owner to ensure that all users of the dual trainer are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the dual trainer only as described in this manual.
4. The dual trainer is intended for home use only. Do not use the dual trainer in a commercial, rental, or institutional setting.
5. Keep the dual trainer indoors, away from moisture and dust. Do not put the dual trainer in a garage or covered patio, or near water.
6. Place the dual trainer on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the dual trainer.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the dual trainer at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the dual trainer. Always wear athletic shoes for foot protection.
10. The dual trainer should not be used by persons weighing more than 300 lbs. (136 kg).
11. Be careful when mounting and dismounting the dual trainer.
12. Always keep your back straight while using the dual trainer; do not arch your back.
13. Do not attempt to pull the row bar when the dual trainer is set up in the recumbent mode (see page 12); do not attempt to pedal the dual trainer when the dual trainer is set up in the rower mode (see page 13).
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® DUAL TRAINER BIKE/ROWER. Cycling and rowing are effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The DUAL TRAINER BIKE/ROWER is designed to let you enjoy these effective exercises in the convenience and privacy of your home.

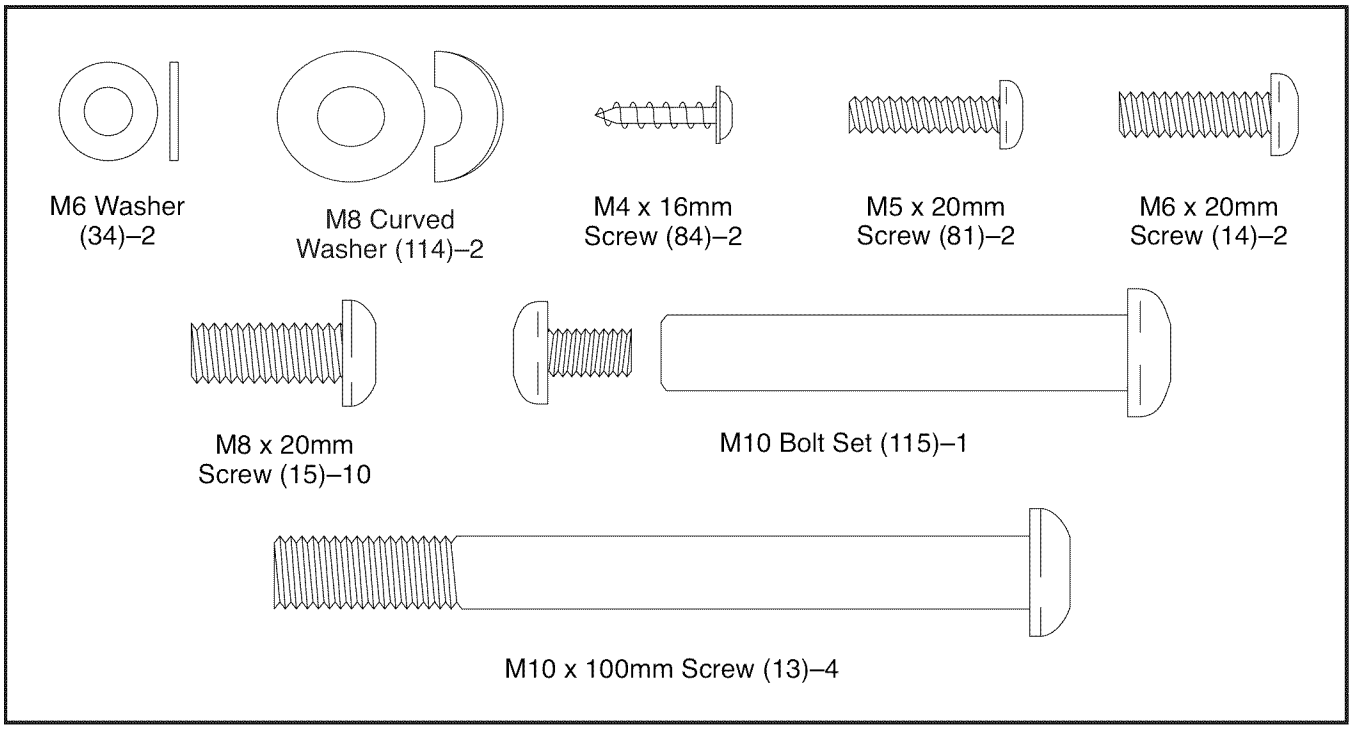
For your benefit, read this manual carefully before you use the dual trainer. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



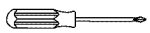
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included. If a part is missing, please call 1-888-533-1333.**


M6 Washer (34)–2
M8 Curved Washer (114)–2
M4 x 16mm Screw (84)–2
M5 x 20mm Screw (81)–2
M6 x 20mm Screw (14)–2
M8 x 20mm Screw (15)–10
M10 Bolt Set (115)–1
M10 x 100mm Screw (13)–4

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 5.
- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."
- In addition to the included tool(s), assembly requires the following tools:

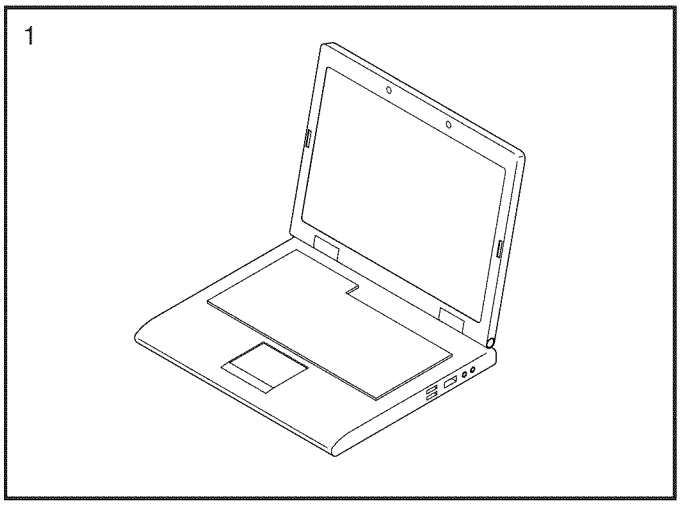
  one Phillips screwdriver 

  one adjustable wrench

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

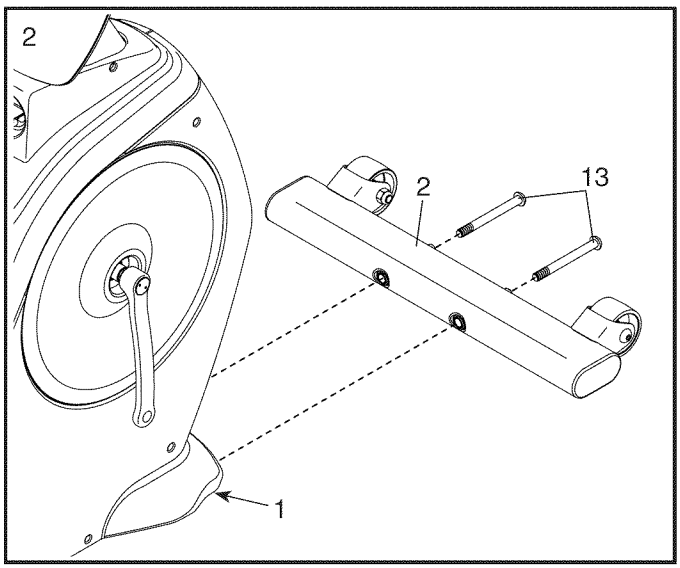
1. **Go to www.proformservice.com/registration on your computer and register your product.**
   - activates your warranty
   - saves you time if you ever need to contact Customer Care
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call 1-888-533-1333 and register your product.



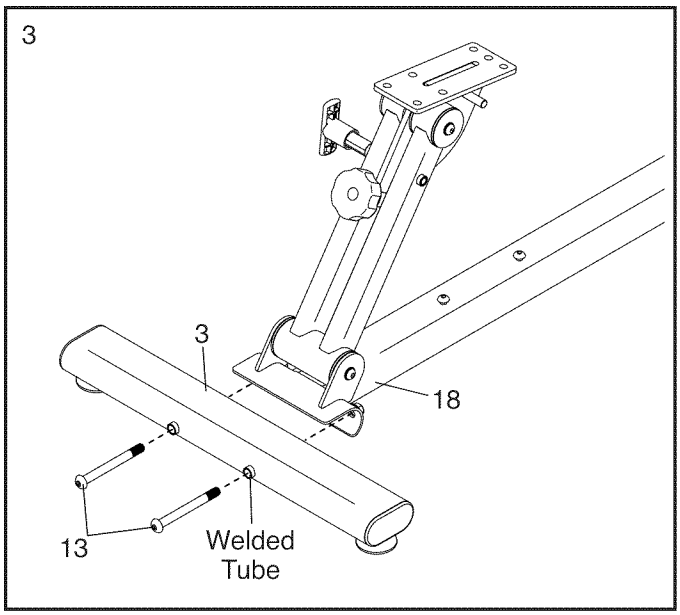
2. Orient the Front Stabilizer (2) as shown.

   Attach the Front Stabilizer (2) to the Front Frame (1) with two M10 x 100mm Screws (13).



3. Orient the Rear Stabilizer (3) as indicated by the sticker; make sure that the welded tubes are on the side shown.

   Attach the Rear Stabilizer (3) to the Rear Frame (18) with two M10 x 100mm Screws (13).

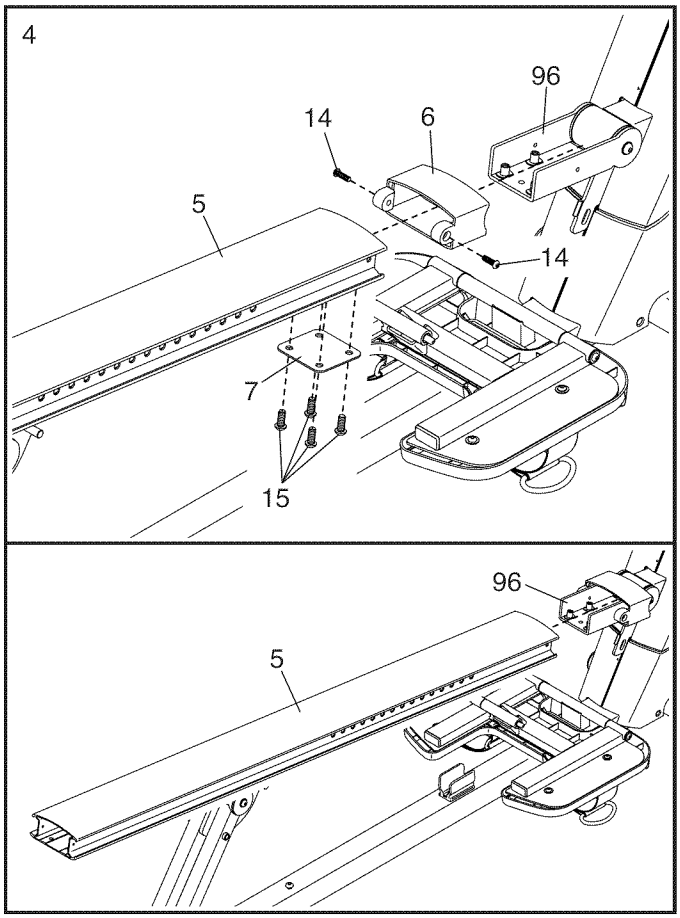


4. Orient the Rail Collar (6) as shown, and slide it onto the Rail Pivot Bracket (96).

   See the lower drawing. Orient the Rail (5) as shown, and slide it onto the Rail Pivot Bracket (96).

   Attach the Rail (5) with four M8 x 20mm Screws (15) and the Small Rail Plate (7); **do not tighten the Screws yet.**

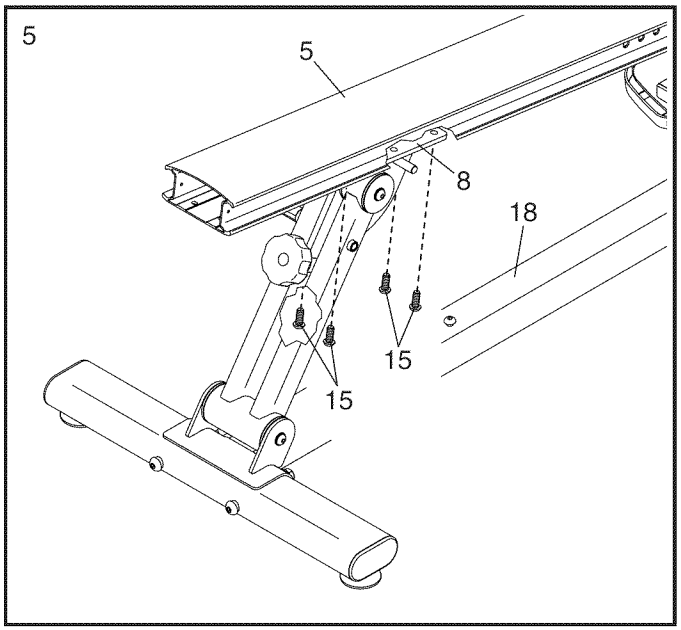
   Next, attach the Rail Cover (6) to the Rail (5) and to the Rail Pivot Bracket (96) with two M6 x 20mm Screws (14).



5. **Tip: It may be helpful to have a second person raise and hold the Rail (5) and the Rear Frame (18) while you do this step.**

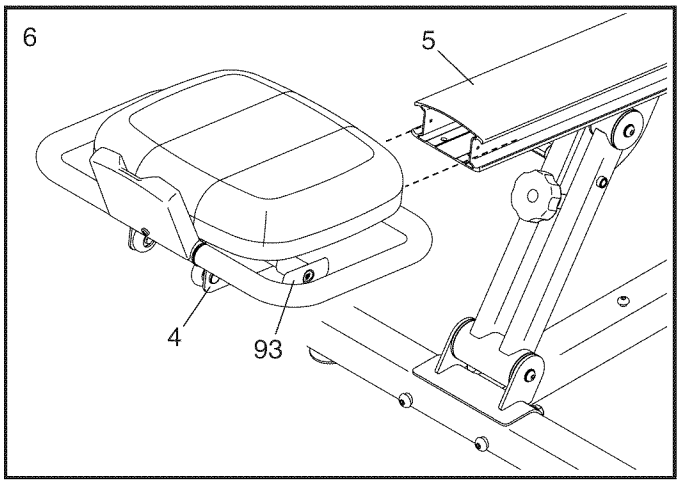
   Attach the Rail Bracket (8) to the underside of the Rail (5) with four M8 x 20mm Screws (15); **start all the Screws, and then tighten them.**

   See step 4. Tighten the M8 x 20mm Screws (15).

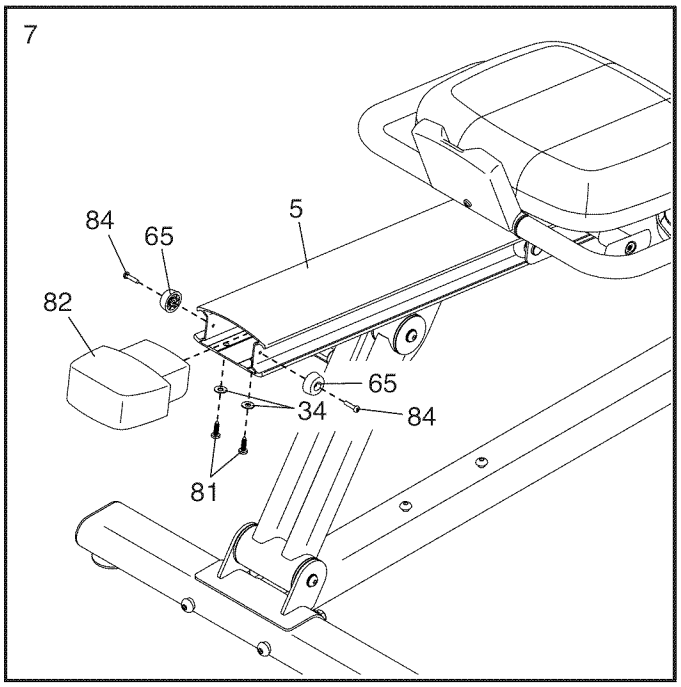


6. Orient the Seat Carriage (4) as shown.

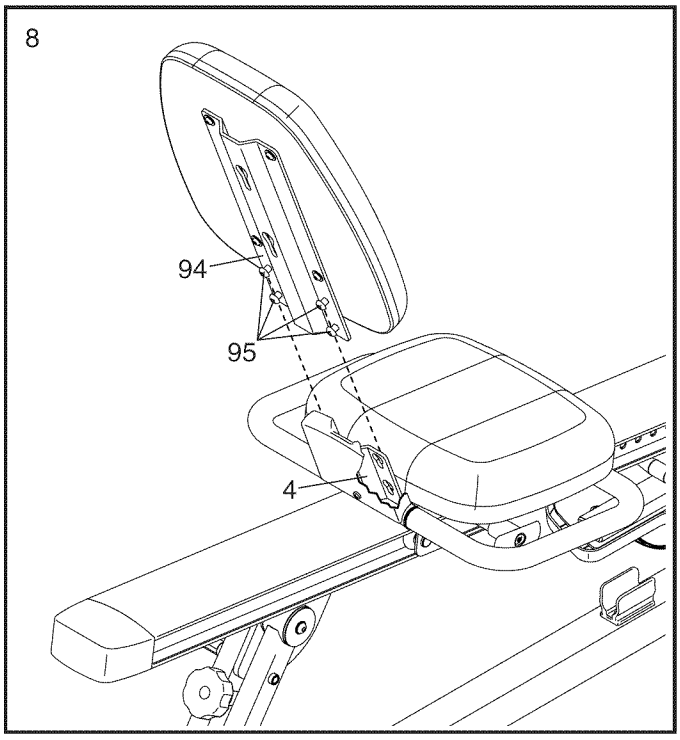
   Pull the Seat Knob (93), slide the Seat Carriage (4) onto the Rail (5), and then release the Seat Knob into one of the adjustment holes (not shown) near the front of the Rail.



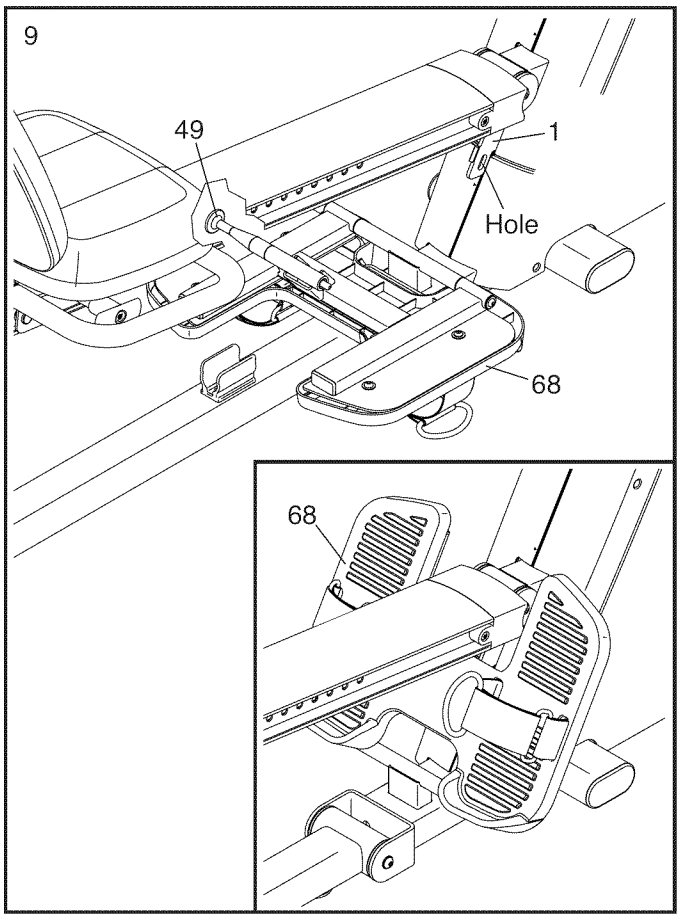
7. Attach the Rail Cap (82) and two Bumpers (65) to the Rail (5) with two M4 x 16mm Screws (84), two M5 x 20mm Screws (81), and two M6 Washers (34); **start all the Screws, and then tighten them.**



8. Locate the four M6 x 13mm Screws (95) in the lower end of the Backrest Frame (94). Insert the heads of the Screws into the slotted holes in the Seat Carriage (4), and then slide the Screws downward into the slots.



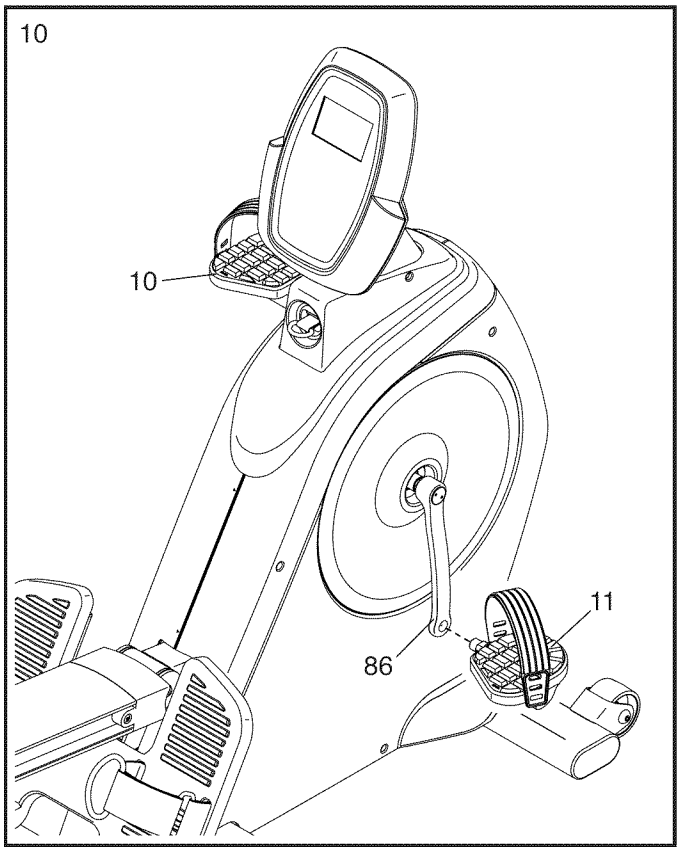
9. Pull the Foot Plate Knob (49), raise the Foot Plate (68) to the position shown in the inset drawing, and then release the Foot Plate Knob into the indicated hole in the Front Frame (1).



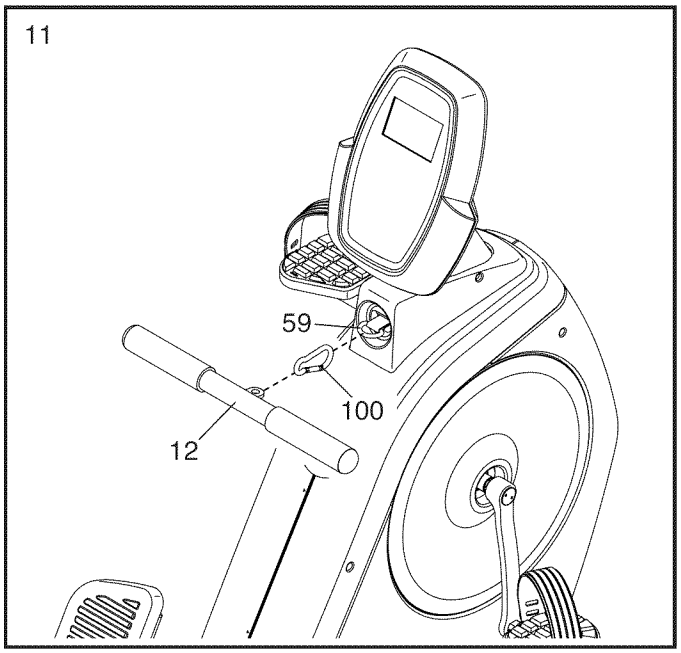
10. Identify the Right Pedal (11).

    Using an adjustable wrench, **firmly tighten** the Right Pedal (11) **clockwise** into the Right Crank Arm (86).

    Firmly tighten the Left Pedal (10) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.

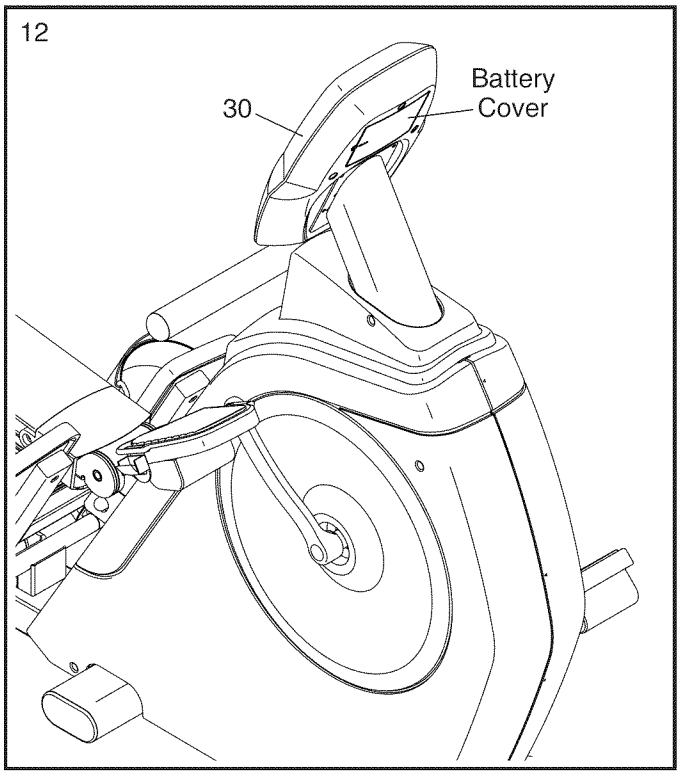


11. Attach the Row Bar (12) to the Strap (59) with the Row Bar Clip (100).

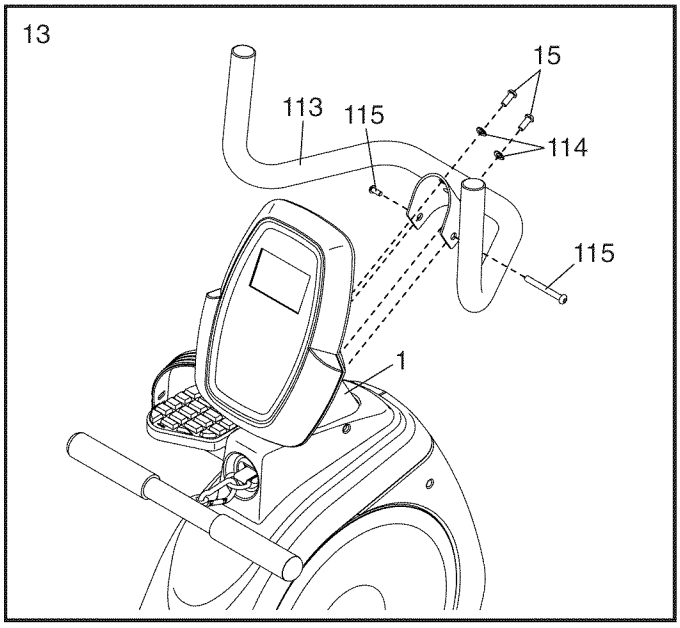


12. The Console (30) can use four AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

    Remove the screw (not shown) from the battery cover on the back of the Console (30). Next, remove the battery cover and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



13. Attach the Handlebar (113) to the Front Frame (1) with two M8 x 20mm Screws (15), two M8 Curved Washers (114), and an M10 Bolt Set (115); **start the Screws and the Bolt Set, and then tighten them.**

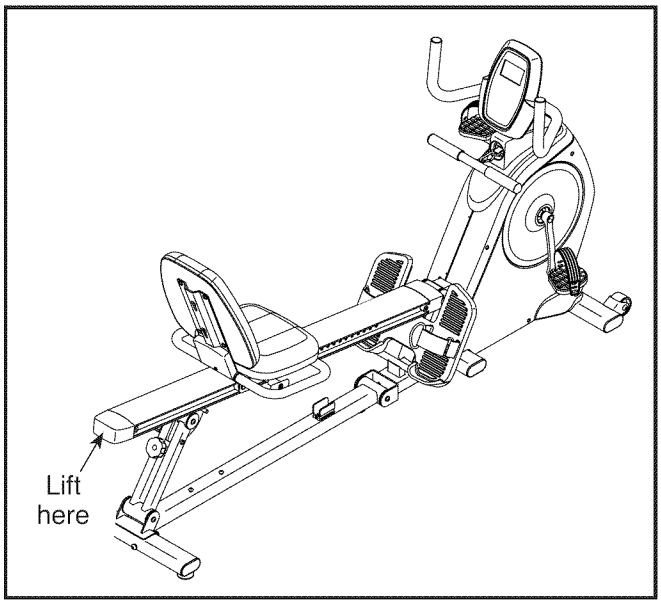


14. **After the dual trainer is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the dual trainer.** Extra parts may be included. Place a mat under the dual trainer to protect the floor.

HOW TO USE THE DUAL TRAINER

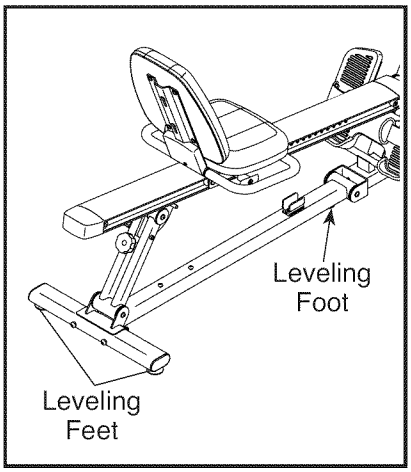
HOW TO MOVE THE DUAL TRAINER

Stand behind the dual trainer and lift the rail cap until the dual trainer will roll on the wheels. Carefully move the dual trainer to the desired location, and then lower it to the floor.



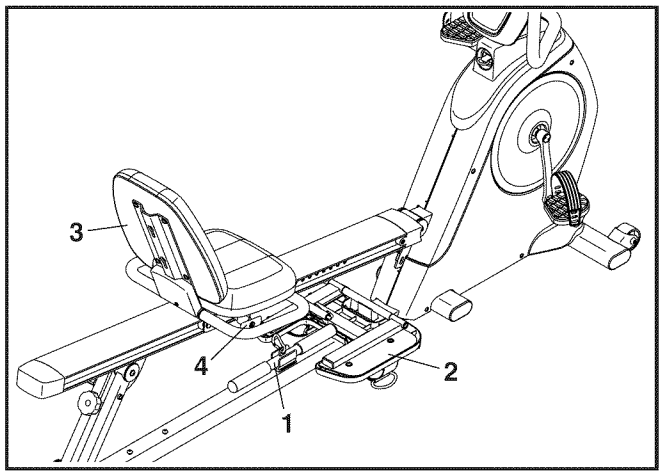
HOW TO LEVEL THE DUAL TRAINER

If the dual trainer rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer, or turn the leveling foot beneath the rear frame until the rocking motion is eliminated.



HOW TO SET UP THE RECUMBENT MODE

Follow the instructions below to set up the dual trainer in the Recumbent mode.



1. **Remove the row bar.** Remove the row bar from the row bar clip on the strap (see assembly step 11 on page 10). Then, insert the row bar into the storage clip on the rear frame.

2. **Lower the foot plate.** Pull the foot plate knob, lower the foot plate, and then release the foot plate knob (see assembly step 9 on page 9).

3. **Attach the backrest.** Insert the screws on the lower end of the backrest into the slotted holes in the seat carriage, and then slide the backrest into place (see assembly step 8 on page 9).

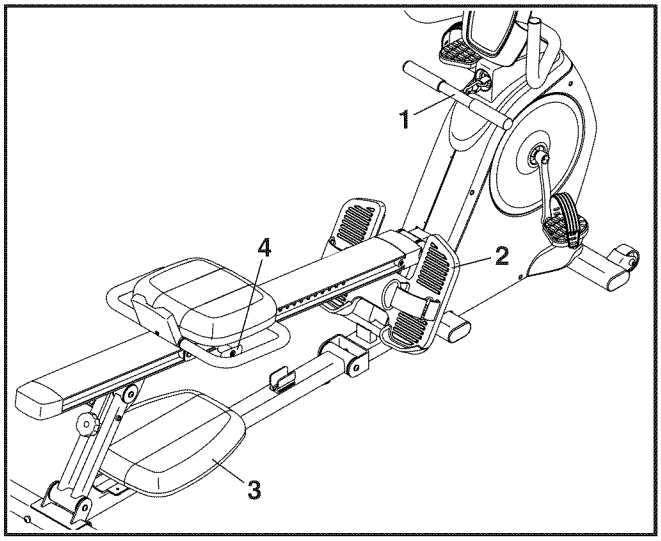
4. **Adjust the seat carriage.** Pull the seat knob on the seat carriage and turn it **clockwise**. Slide the seat carriage to the desired position, and then release the seat knob into an adjustment hole in the rail (see assembly step 6 on page 8).

HOW TO USE THE RECUMBENT MODE

For effective recumbent exercise, the seat carriage should be adjusted to the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

HOW TO SET UP THE ROWER MODE

Follow the instructions below to set up the dual trainer in the Rower mode.

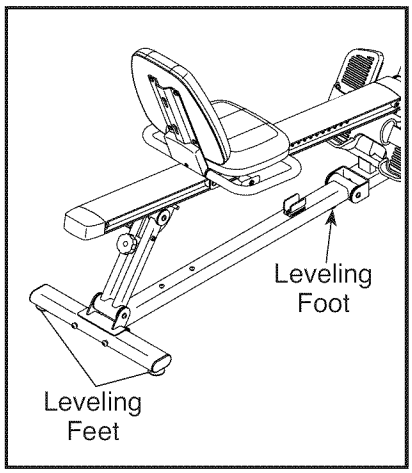


1. **Attach the row bar.** Attach the row bar to the strap with the row bar clip (see assembly step 11 on page 10).

2. **Raise the foot plate.** Pull the foot plate knob, raise the foot plate, and then release the foot plate knob into the hole in the front frame (see assembly step 9 on page 9).

3. **Remove the backrest.** Remove the backrest from the seat carriage (see assembly step 8 on page 9). Then, slide the backrest onto the storage screws on the rear frame.

4. **Release the seat carriage.** Pull the seat knob on the seat carriage (see assembly step 6 on page 8) and turn it counterclockwise. The seat carriage will then slide freely along the rail.



Note: If the front of dual trainer lifts off the floor while you are exercising with the dual trainer set up in the Rower mode, first turn the leveling foot beneath the rear frame so that it is tight against the rear frame. Then, turn both of the leveling feet beneath the rear stabilizer until the lifting motion is eliminated.

HOW TO USE THE ROWER MODE

Sit on the seat, facing the foot plate. Place your feet in the foot plate and adjust the straps to fit your feet. Hold the row bar with an overhand grip. Correct rowing form consists of three phases:

1. **The first phase is the CATCH.** Slide the seat forward until your knees are almost touching your chest. Pull the row bar until your hands are close to your feet.

2. **The second phase is the DRIVE.** Push backward using your legs. Keep your back straight. Lean back slightly at the hips (not at the waist) and begin pulling the row bar toward your chest. Keep your elbows outward.

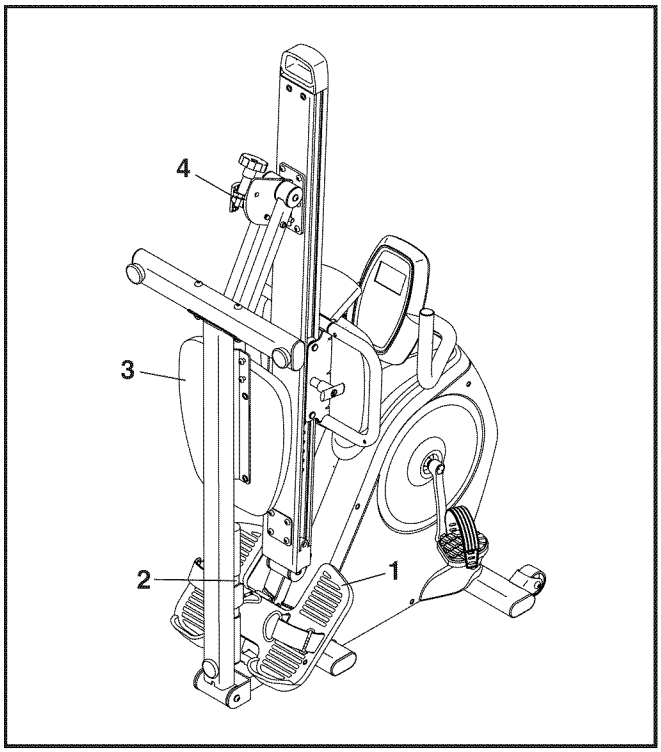
3. **The third phase is the FINISH.** Your legs should be nearly straight. Continue to pull the row bar until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row; never hold your breath.

HOW TO FOLD AND STORE THE DUAL TRAINER

The dual trainer can be stored in a folded position to conserve space. Store the dual trainer in a location where children cannot tip it. Remove the batteries from the console when storing the dual trainer for extended periods.

Follow the instructions at the right to fold and store the dual trainer.



1. **Raise the foot plate.** Pull the foot plate knob, raise the foot plate, and then release the foot plate knob into the hole in the front frame (see assembly step 9 on page 9). **IMPORTANT: The foot plate must be raised when you fold the dual trainer, or damage may occur to the foot plate.**

2. **Remove the row bar if desired.** Remove the row bar from the row bar clip on the strap (see assembly step 11 on page 10). Then, insert the row bar into the storage clip on the rear frame.

3. **Remove the backrest if desired.** Remove the backrest from the seat carriage (see assembly step 8 on page 9). Then, slide the backrest onto the storage screws on the rear frame.

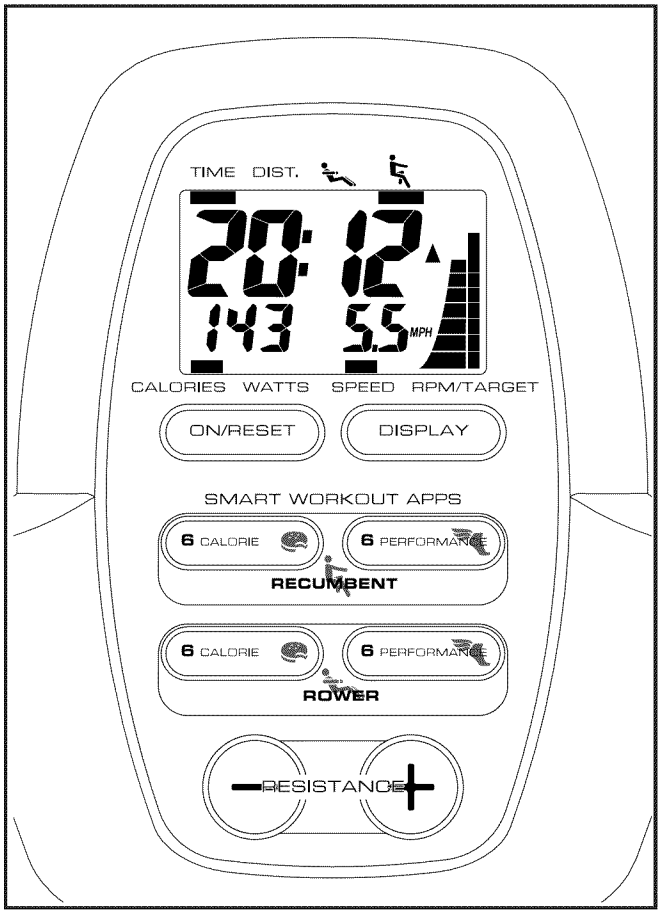
   IMPORTANT: If you choose not to remove the backrest, you must adjust the seat carriage to the rearmost adjustment hole in the rail before you fold the dual trainer, or damage may occur to the backrest and the console.

4. **Fold the dual trainer.** Fully loosen the lock knob on the rear of the dual trainer. Next, loosen and pull the storage knob, grip the rail cap, raise the rear frame into the storage position, and then release the storage knob into the storage hole in the rail bracket.

HOW TO UNFOLD THE DUAL TRAINER

To unfold the dual trainer, pull the storage knob, grip the rail cap, lower the rear frame to the floor, and then tighten the storage knob. Then, tighten the lock knob on the rear of the dual trainer. **Make sure to tighten the storage knob and the lock knob.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your dual trainer recumbent and rower workouts more effective and enjoyable.

Manual Mode—When you use the dual trainer in the Recumbent mode, you can change the resistance of the pedals with the touch of a button. When you use the dual trainer in the Rower mode, you can change the resistance of the row bar with the touch of a button. As you pedal or row on the dual trainer, the console will provide continuous exercise feedback

Smart Workouts—The console also offers twenty-four smart workouts—twelve workouts for the Recumbent mode and twelve workouts for the Rower mode. Each workout automatically changes the resistance of the pedals or the row bar and prompts you to vary your pedaling or rowing speed while guiding you through an effective workout.

To use the manual mode, see page 16. **To use a smart workout,** see page 18. **To use the user mode,** see page 19.

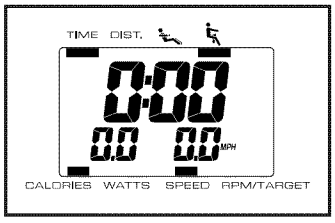
Before using the console, make sure that batteries are installed (see assembly step 12 on page 11). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

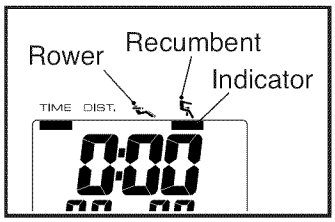
1. **Turn on the console.**

   To turn on the console, press the On/Reset button or begin pedaling or rowing. The entire display will turn on for a moment; the console will then be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected automatically. If you have selected a smart workout, reselect the manual mode by pressing any of the Smart Workouts Apps buttons repeatedly until zeros appear in the display.

   As you pedal or row, an indicator will appear below the Recumbent symbol or the Rower symbol to show which mode of the dual trainer is being used.

   Note: When you turn on the console, an indicator will appear below the Recumbent symbol by default. If you are using the dual trainer in the Rower mode, an indicator will appear below the Rower symbol as soon as the console detects the movement of the row handle.

3. **Change the resistance of the pedals or the row bar as desired.**

   As you pedal or row, change the resistance of the pedals or the row bar by pressing the Resistance increase and decrease buttons.

   Note: After you press the buttons, it will take a moment for the dual trainer to reach the selected resistance level.

4. **Follow your progress with the display.**

   The console has several displays that show the following workout information:

Time—This display shows the elapsed time. Note: When a workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

Distance (Dist.)—This display shows the distance you have pedaled, in miles or kilometers, or the distance you have rowed, in miles or kilometers.

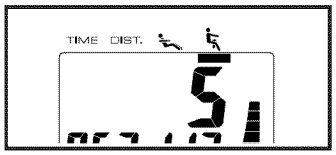
Calories—This display shows the approximate number of calories you have burned.

Watts—This display shows your power output in watts.

Speed—This display shows your pedaling speed, in miles per hour (mph) or kilometers per hour (km/h) or your rowing speed in rows per minute (rpm).

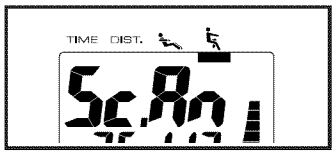
Scan—When this display option is selected, the upper section of the display will alternately show time and distance information, the lower-left section of the display will alternately show calories and watts information, and the lower-right section of the display will show speed information.

Resistance—This display shows the selected resistance level in the upper right section of the display for a few seconds whenever the resistance level is adjusted.

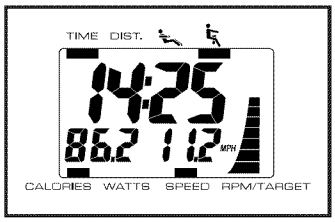


Note: The console can show distance and Recumbent mode pedaling speed in either miles or kilometers. To change the unit of measurement, see THE USER MODE on page 19.

When you turn on the console, the scan display option will be selected automatically. The word SCAN will appear in the display to show that the scan display option is selected.

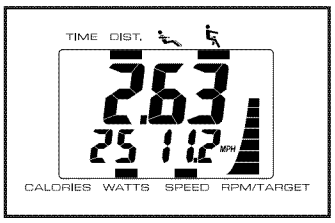


As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled or rowed; the lower-left section of the display will alternately show the number of calories you have burned and your power output in watts. The lower-right section of the display will show your pedaling or rowing speed.

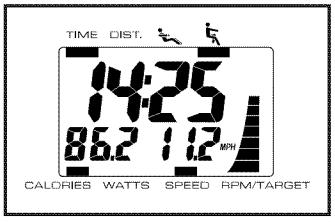


To exit the scan display option, press the Display button.

The upper section of the display will then show only distance information and the lower-left section of the display will show only watts information.

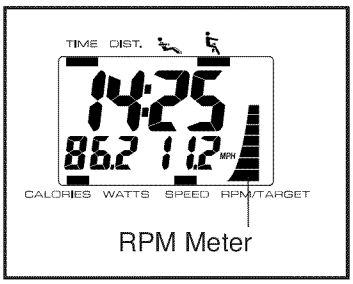


If you press the Display button again, the upper section of the display will show only time information and the lower-left display will show only calories information.



To select the scan mode again, press the Display button repeatedly until the word SCAN appears in the display.

RPM Meter—The RPM meter on the right side of the display provides a visual representation of your pedaling speed (revolutions per minute) or your rowing speed (rows per minute). As you increase or decrease your pedaling or rowing speed, bars will appear or disappear in the RPM meter.



To reset the display, press the On/Reset button. To pause the console, stop pedaling or rowing. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling or rowing.

5. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move or the row bar is not pulled for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move or the row bar is not pulled for a few minutes, the console will turn off and the display will be reset.

HOW TO USE A SMART WORKOUT

1. **Turn on the console.**

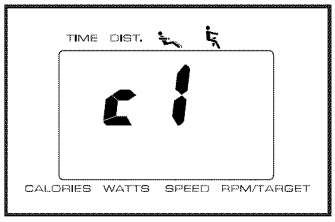
   To turn on the console, press the On/Reset button or begin pedaling or rowing. The entire display will turn on for a moment; the console will then be ready for use.

2. **Select a smart workout.**

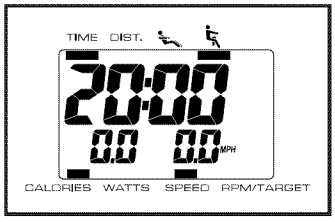
   When you select a Recumbent smart workout, you must set up the dual trainer in the Recumbent mode for the console to provide accurate feedback (see HOW TO SET UP THE RECUMBENT MODE on page 12).

   When you select a Rower smart workout, you must set up the dual trainer in the Rower mode for the console to provide accurate feedback (see HOW TO SET UP THE ROWER MODE on page 13).

   To select a smart workout, press the desired Smart Workout Apps button repeatedly. The name of the workout will appear in the display.



   A few seconds after you select a smart workout, the display will show the duration of the workout.



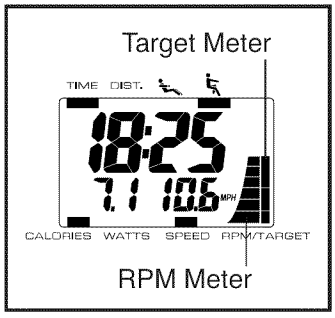
3. **Begin pedaling or rowing to start the workout.**

   The smart workouts consist of several one-minute segments. One resistance level and one target speed (rpm) are programmed for each segment.

   Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals or the row bar will then automatically change to the resistance level programmed for the next segment.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals or the row bar will automatically adjust to the resistance level programmed for the next segment.**

   The target speed settings for the workout will be shown by the target meter in the display. The RPM meter will show your actual pedaling or rowing speed.



   As the target meter changes in height during the workout, adjust your pedaling or rowing speed so that the same number of bars appears in both meters. If your pedaling or rowing speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; if your pedaling or rowing speed is faster than the target speed, an arrow will prompt you to decrease your speed.

   IMPORTANT: The target speed settings for the workout are intended only to provide a goal. Your actual pedaling or rowing speed may be slower than the target speed settings, especially during the first few months of your exercise program. Make sure to pedal or row at a speed that is comfortable for you.

   The display will show the time remaining in the workout. If you stop pedaling or rowing for a few seconds, the workout will pause and the time will flash in the display. To resume the workout, simply resume pedaling or rowing.

4. **Follow your progress with the display.**

   See step 4 on page 16.

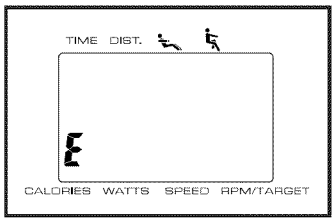
5. **When you are finished exercising, the console will turn off automatically.**

   See step 5 on page 17.

THE USER MODE

The console features a user mode that allows you to select a unit of measurement for the dual trainer.

To select the user mode, press and hold down the Recumbent Performance button for a few seconds until the user mode information appears in the display.



The console can show the distance and the Recumbent mode pedaling speed in either miles or kilometers.

The display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Display button repeatedly.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

To exit the user mode, press the On/Reset button.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Inspect and tighten all parts of the dual trainer regularly. Replace any worn parts immediately.

To clean the dual trainer, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

Most console problems are the result of low batteries; see assembly step 12 on page 11 for replacement instructions.

HOW TO GREASE THE ROLLERS

See EXPLODED DRAWING A near the end of this manual. If the Seat Rollers (92) squeak when moving on the Rail (5), apply a small amount of the included PTFE grease to a paper towel. Spread a thin layer of grease evenly along the Rail. Then, wipe off any excess grease.

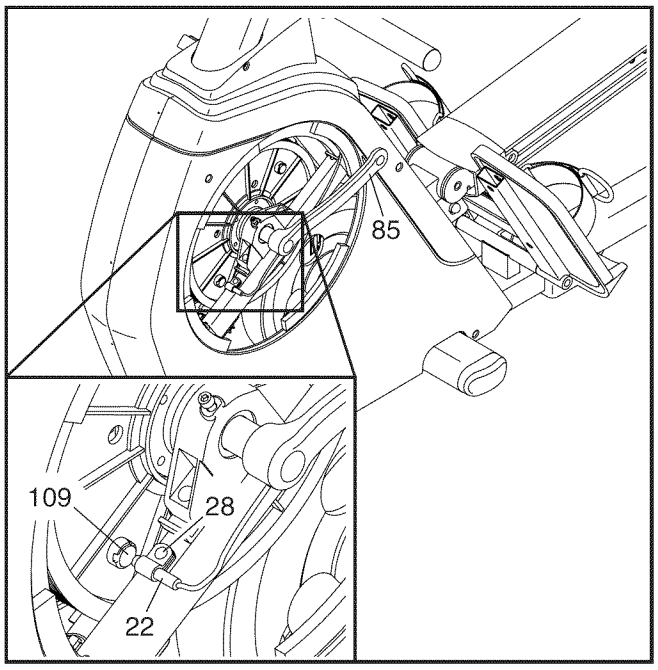
HOW TO ADJUST THE LEFT-SIDE REED SWITCH

If the console does not display correct feedback when the dual trainer is set up in the Recumbent mode, the left-side reed switch should be adjusted.

To adjust the left-side reed switch, you must first remove the left pedal and the left disc as described below.

See EXPLODED DRAWING B on page 27. Using an adjustable wrench, turn the Left Pedal (10) **clockwise** and remove it. Then, using a flat screwdriver, gently pry off the left Disc (23).

Locate the left-side Reed Switch (22). Turn the Left Crank Arm (85) until a Magnet (109) is aligned with the Reed Switch. Loosen, but do not remove, the #8 x 12mm Flange Screw (28).



Slide the left-side Reed Switch (22) slightly closer to or away from the Magnet (109), and then retighten the #8 x 12mm Flange Screw (28). Turn the Left Crank Arm (85) for a moment.

Repeat these actions until the console displays correct feedback. When the left-side reed switch is correctly adjusted, reattach the left disc and the left pedal.

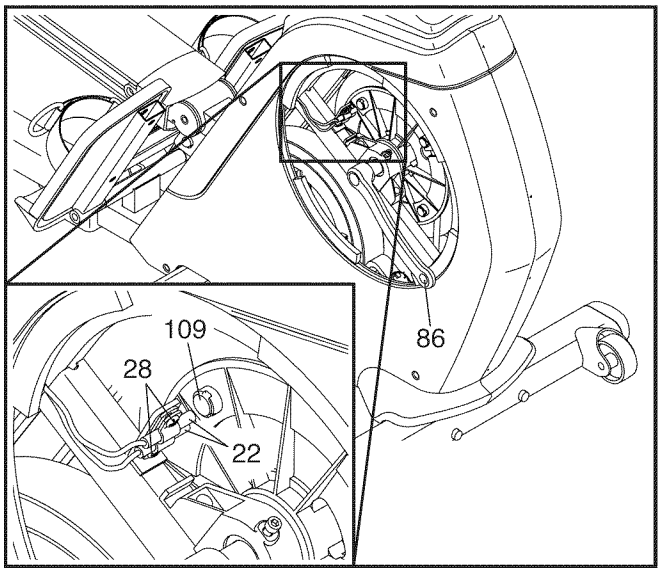
HOW TO ADJUST THE RIGHT-SIDE REED SWITCHES

If the console does not display correct feedback when the dual trainer is in the Rower mode, the right-side reed switches should be adjusted.

To adjust the right-side reed switches, you must first remove the right pedal and the right disc as described below.

See EXPLODED DRAWING B on page 27. Using an adjustable wrench, turn the Right Pedal (11) **counterclockwise** and remove it. Then, using a flat screwdriver, gently pry off the right Disc (23).

Locate the two right-side Reed Switches (22). Turn the Right Crank Arm (86) until a Magnet (109) is aligned with one of the right-side Reed Switches. Loosen, but do not remove, the two #8 x 12mm Flange Screws (28).



Slide the right-side Reed Switches (22) slightly closer to or away from the Magnet (109), and then retighten the #8 x 12mm Flange Screws (28). Turn the Right Crank Arm (86) for a moment.

Repeat these actions until the console displays correct feedback. When the right-side reed switch is correctly adjusted, reattach the right disc and the right pedal.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling when the dual trainer is set up in the Recumbent mode, even when the resistance is at the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must first remove the left pedal, the shield cover, and the left shield as described below.

See EXPLODED DRAWING B on page 27. Using an adjustable wrench, turn the left pedal **clockwise** and remove it.

Next, remove the #8 x 16mm Flat Head Screws (66) from the Shield Cover (103). Using a flat screwdriver, gently pry off the Shield Cover.

Then, remove all of the #8 x 16mm Flat Head Screws (66) and #8 x 25mm Screws (106) from the Right and Left shields (26, 27); **make sure to note which size of screw you remove from each hole.** Then, gently remove the Left Shield.

Next, loosen the Idler Screw (33). Then, tighten the Belt Adjustment Screw (32) until the Drive Belt (38) is tight.

When the Drive Belt (38) is tight, tighten the Idler Screw (33).

Then, reattach the left shield, the shield cover, and the left pedal.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

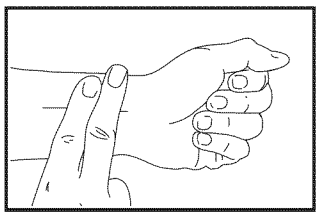
165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

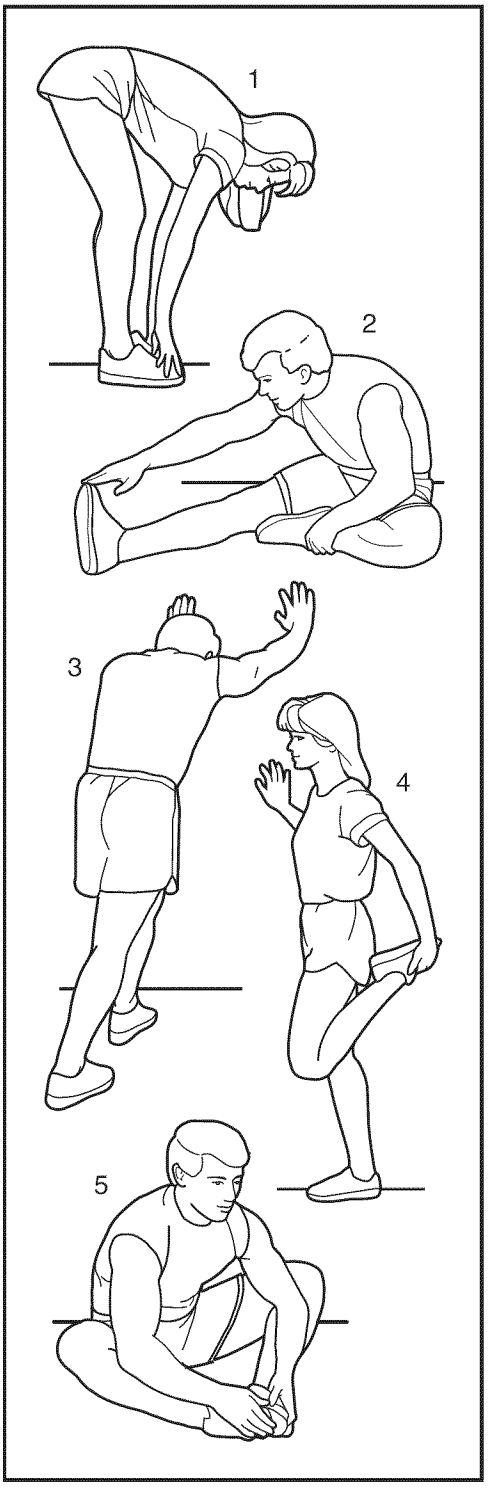
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST

Model No. 831.21257.0 R0714A

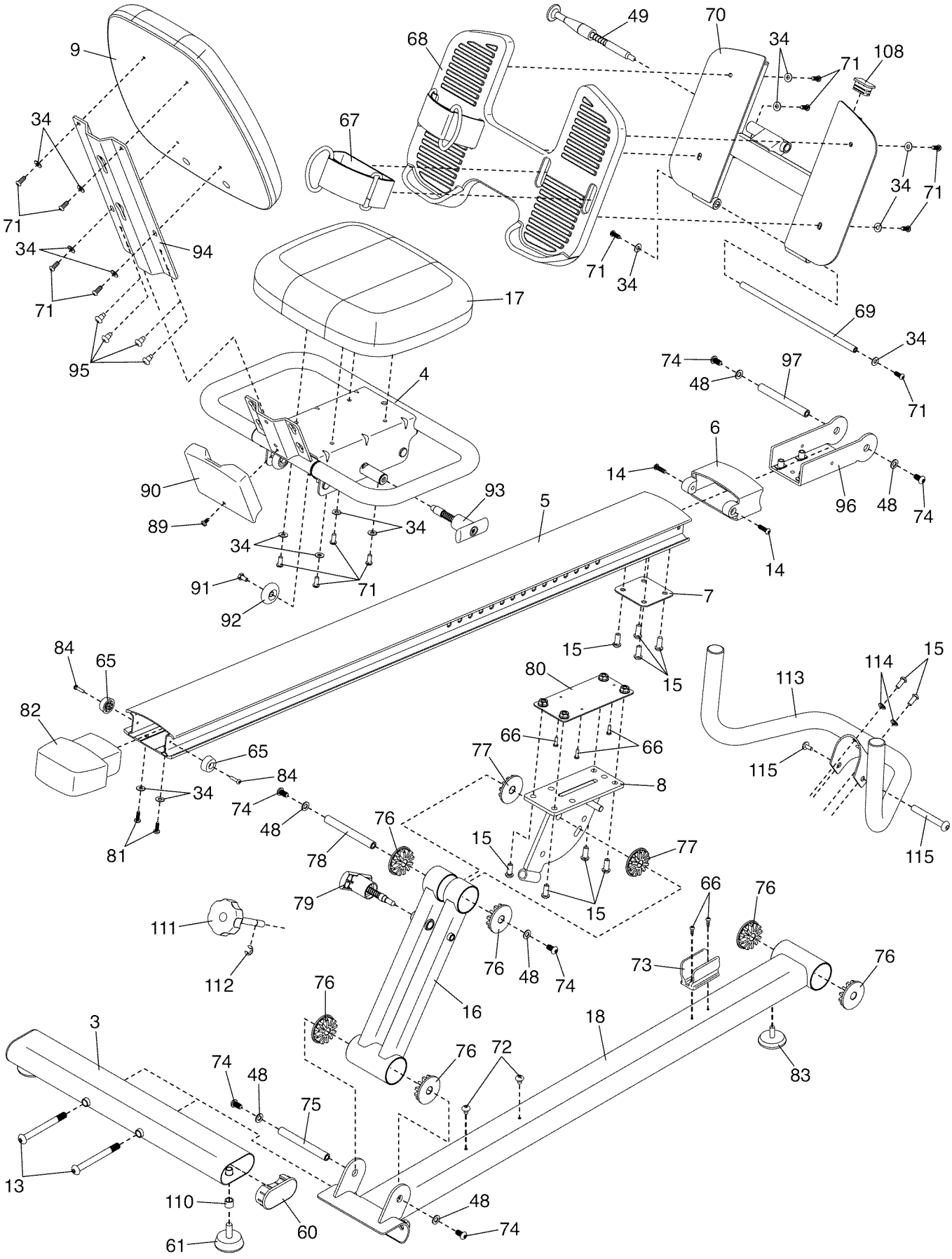
Key No.	Qty.	Description
1	1	Front Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Seat Carriage
5	1	Rail
6	1	Rail Collar
7	1	Small Rail Plate
8	1	Rail Bracket
9	1	Backrest
10	1	Left Pedal
11	1	Right Pedal
12	1	Row Bar
13	4	M10 x 100mm Screw
14	2	M6 x 20mm Screw
15	12	M8 x 20mm Screw
16	1	Rail Support
17	1	Seat
18	1	Rear Frame
19	1	Main Wire
20	1	Dual Reed Switch/Wire
21	1	Pulley Assembly
22	1	Reed Switch/Wire
23	2	Disc
24	2	Pillow Block
25	4	M8 x 56mm Screw
26	1	Right Shield
27	1	Left Shield
28	7	#8 x 12mm Flange Screw
29	1	Resistance Motor
30	1	Console
31	1	Idler
32	1	Belt Adjustment Screw
33	1	Idler Screw
34	17	M6 Washer
35	1	Pivot Screw
36	1	Eddy Mechanism
37	5	M8 Locknut
38	1	Drive Belt
39	3	Reed Switch Clamp
40	1	#8 x 16mm Ground Screw
41	1	Pillow Block Frame
42	4	M8 x 32mm Screw
43	4	Bungee Roller
44	2	52mm Roller Spacer
45	2	9mm Roller Spacer
46	2	M8 Thin Locknut
47	2	M8 x 125mm Bolt
48	10	M8 Washer
49	1	Foot Plate Knob
50	1	M8 x 40mm Bolt
51	1	48mm Roller Spacer
52	1	6mm Roller Spacer
53	1	M8 x 90mm Bolt
54	1	Strap Roller
55	1	19mm Roller Spacer
56	1	14mm Roller Spacer
57	1	M8 x 72mm Bolt
58	1	Bungee
59	1	Strap
60	6	Stabilizer Cap
61	2	Rear Leveling Foot
62	2	M10 x 60mm Bolt
63	2	M10 Locknut
64	2	Wheel
65	7	Bumper
66	23	#8 x 16mm Flat Head Screw
67	2	Foot Strap
68	1	Foot Plate
69	1	Foot Frame Axle
70	1	Foot Frame
71	20	M6 x 15mm Screw
72	2	M6 x 10mm Screw
73	1	Storage Clip
74	8	M8 x 15mm Screw
75	2	Rear Frame Axle
76	8	Thick Bushing
77	2	Thin Bushing
78	1	Rail Support Axle
79	1	Storage Knob
80	1	Large Rail Plate
81	2	M5 x 20mm Screw
82	1	Rail Cap
83	1	Center Leveling Foot
84	2	M4 x 16mm Screw
85	1	Left Crank Arm
86	1	Right Crank Arm
87	2	Crank Arm Screw
88	2	Crank Arm Cap
89	1	M5 x 10mm Screw
90	1	Seat Carriage Cover
91	4	M6 x 12mm Screw
92	4	Seat Roller
93	1	Seat Knob
94	1	Backrest Frame
95	4	M6 x 13mm Screw
96	1	Rail Pivot Bracket
97	1	Rail Pivot Bracket Axle
98	2	Handgrip
99	2	Row Bar Cap
100	1	Row Bar Clip

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Shield Cover Plate	110	2	Leveling Foot Spacer
102	2	#8 x 12mm Screw	111	1	Lock Knob
103	1	Shield Cover	112	1	E-clip
104	1	Motor Bracket	113	1	Handlebar
105	1	Console Bracket	114	2	M8 Curved Washer
106	2	#8 x 25mm Screw	115	1	M10 Bolt Set
107	2	M6 Locknut	*	–	User's Manual
108	2	Foot Frame Cap	*	–	Assembly Tool
109	6	Magnet	*	–	PTFE Grease Packet

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-888-533-1333.** *These parts are not illustrated.

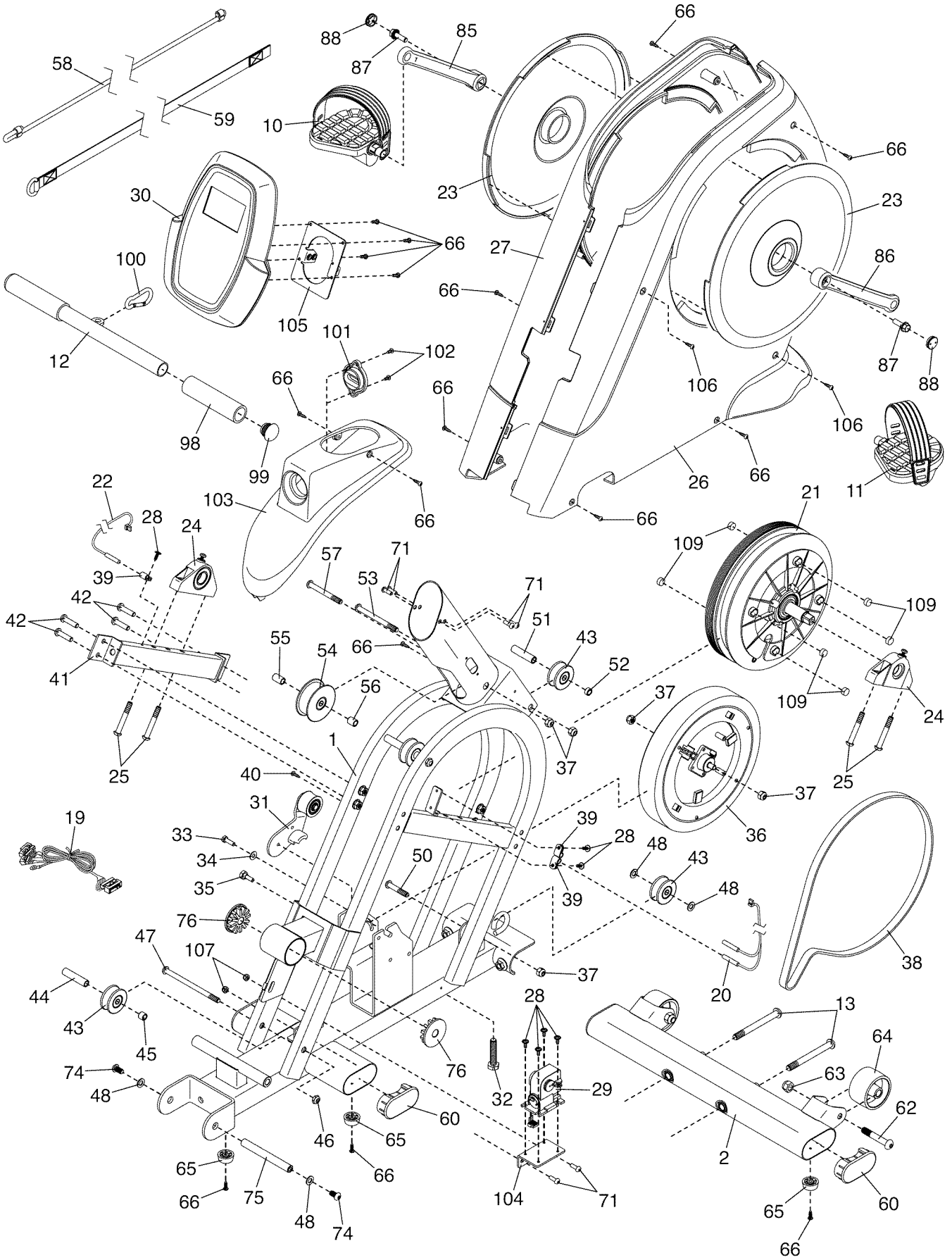
EXPLODED DRAWING A

Model No. 831.21257.0 R0714A



EXPLODED DRAWING B

Model No. 831.21257.0 R0714A



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1 YEAR FULL WARRANTY

If this Sears Dual Trainer Exerciser fails due to a defect in material or workmanship within 1 year of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible). The frame is warranted for a lifetime.

This warranty does not apply when the Dual Trainer Exerciser is used commercially or for rental purposes. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

Part No. 362047 R0714A
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